

# Education & Leisure : Youth

## Kindermusik

Location: Classroom 2

Instructor: Janet Wahlquist

### Newborn — 18 months

#### Peek-A-Boo, I love You

Mondays 9:30-10:15am

\$65/\$60 Resident Discount

7/24-8/21 4043.516

Learn ways to say "I Love You" using touch, Mother Goose rhymes, literature, books and chants. Activities include instrument play, American Sign Language, and special parent-baby dances that stimulate baby's eyes, body, and mind.

\$40 one-time material fee.

#### Zoom Buggy/Dream Pillow

Mondays 9:30am-10:15am

\$160/\$150 Resident Discount

9/11-1/22\* 4240.509

Zoom Buggy explore the many ways you and your baby can Zoom! — all through a variety of instruments and songs. Dream Pillow invites parents to sing to their baby in their own style.

Class activities can easily be woven into routines at home and include delightful ideas for lulling your baby to sleep as well as age-appropriate exploration.

\*No Class: 11/6-11/20, 12/25, 12/26, 1/1 1/15

#### Hickory, Dickory, Tickle & Bounce/The Rhythm of My Day (Spring)

Mondays 9:30am-10:15am

1/29-5/21 4240.601

\$160/\$150 Resident Discount

Encourage your baby's language development through the rhythmic nature of favorite childhood nursery rhymes and using basic American Sign Language.

The Rhythm of My Day offers an introduction and is highlighted by the concept of a family's daily rituals and routines.

\*No Class 2/9, 4/2

+\$75 one-time material fee includes 2 CD'S, 2 journals, 2 books, 4 banners, and a carry case.

### Ages 1.5 — 3.5 Years

#### Zoo Train

Mondays 10:30-11:30am

\$75/\$70 Resident Discount

7/24-8/21 4044.507

Tag along this summer with a traveling zoo-train; bring your own stuffed animal for the petting zoo; wear long white socks on your hands for polar bear paws, and learn about real animals in the zoo.

\$45 one-time material fee.

#### Milk and Cookies

Mondays 10:30am-11:15am

9/11-1/22\* 4042.509

Mondays 11:30am-12:15pm

9/11-1/22\* 4042.519

\$160/\$150 Resident Discount

Milk and Cookies empowers the parent to lead the child through familiar, everyday home activities such as cooking, dusting and washing clothes. Baking cookies, eating cupcakes, blowing on hot cross buns, wiggling like jelly, going grocery shopping and making tea are all represented in familiar songs and activities!

\*No Class: 11/6, 11/20, 12/26, 1/1, 1/15

+\$65 One-time material fee includes 2 CD'S, 2 journals, 2 books, 4 banners and a carry case.

#### Fiddle-dee-dee (Spring)

Mondays 10:30am-11:15am

1/29-5/21\* 4042.601

Mondays 11:30am-12:15pm

1/29-5/21\* 4042.621

\$160/\$150 Resident Discount

Fiddle-dee-dee takes its name from the beloved folk song about the fly who married the bumblebee and the theme of "fiddling around" is present all through the semester. Creatures from the animal kingdom, whether furry, web-footed, winged or whiskered are explored in this unit.

\*No Class: 2/9-4/2.

+\$65 One-time material fee includes 2 CD'S, 2 journals, 2 books, 4 banners and a carry case.

### Ages 3 — 5 Years

#### On the Road

Mondays 11:45am-1:00pm

\$85/\$80 Resident Discount

7/24-8/21 4045.507

Take imaginary trips through crafts, using simple materials. Most can be found around the house. Parents also learn more about how music improves a preschoolers ability to think, reason, create, and express.

\$45 one-time material fee.

### Stretch-N-Grow

12 months-3.5 years

Share the joy of accomplishment with your child as he/she grows in coordination, self-confidence and special skills. Help your child learn to jump, hop, roll, climb, and more in this active parent child class.

**Location:** Community Center  
**Instructor:** Sara Sirotek  
**Price:** \$38/\$33 Resident Discount

Tuesday 9:00am-9:45am

7/11-8/01 4500.507

8/08-8/29 4500.508

9/05-9/26 4500.509

10/03-10/24 4500.510

11/7-11/28 4500.511

12/05-1/02\* 4500.512

1/09-1/30 4500.601

2/06-2/27 4500.602

No Class: 12/26

Thursday 9:00am-9:45am

7/06-7/27 4501.507

8/03-8/24 4501.508

8/31-9/21 4501.509

9/28-10/19 4501.510

10/26-11/16 4501.511

11/30-12/21 4501.512

1/04-1/25 4501.601

2/01-2/22 4501.602

No Class: 11/23, 12/28

See next page for 3.5-5 year children

# Education & Leisure : Youth



**Location: 6015 Fairway Drive, Rocklin**

**Dress Code For All Classes:** Your child should wear clothing that fits snugly without restricting movement. We also ask your child to remove jewelry, and for safety reasons, long hair is secured with a pony tail, and all children are asked to be barefoot. Comfortable clothing is recommended for the adults. While you may leave socks on, we ask for your cooperation in removing shoes before entering the gym.

## Ages Infant -12 years

June 19- August 19, 2006

\$136/\$126 *Resident Discount*

August 21-January 20, 2007

\$282/\$272 *Resident Discount*

## Parent/Child Classes

Children attend these classes with active parental participation and support. Motor development activities include aerobics, elementary gymnastics skills, stretching, rhythm, songs, group activities, ball play and bubbles!

**Bugs** 4 months-10months  
Thurs, 12:00pm-12:45pm 4034.506

**Birds** 10 months-19 month  
Tuesday 9:15am-10:00am 4035.506  
Wed 10:15am-11:00am 4035.516

**Beasts** 19 months-2 1/2 years  
Monday 10:15am-11:00am 4036.506  
Thursday 9:15am-10:00am 4036.516

**Super Beasts** 2 1/2-3 years  
Monday 10:15am-11:00am 4037.506  
Friday 9:15am-10:00am 4037.516

**Beasts** 19 months-2 1/2 years  
Monday\* 10:30am-11:15am 4036.508  
Friday 10:15am-11:00am 4036.518

**Super Beasts** 2 1/2 -3 years  
Monday 11:30 am-12:15pm 4037.508  
Tuesday 9:15am-10:00am 4037.518

## Pre-School/ Kindergarten Gymnastics

Progress continues in all developmental phases with age appropriate activities including gymnastics apparatus skills, tumbling and group games.

**Funny Bugs**  
Ages: 3-4 years  
Tuesday 11:30am-12:30pm 4038.506  
Friday 1:15am-2:15am 4038.516

**Giggle Worms**  
Ages: 4-5 years  
Tuesday 4:30pm-5:30pm 4039.506  
Thursday 11:45am-12:45pm 4039.516

**Good Friends**  
Ages: 5-6 years  
Monday 6:30pm-7:30pm 4140.506  
Thursday 4:30pm-5:30pm 4140.516

**Funny Bugs**  
Ages: 3-4 years  
Tuesday 11:30am-12:30pm 4038.508  
Friday 11:15pm-12:15pm 4038.518

**Giggle Worms**  
Ages: 4-5 years  
Tuesday 4:30pm-5:30pm 4039.508  
Friday 1:15am-2:15pm 4039.518

**Good Friends**  
Ages: 5-6 years  
Tuesday 12:45pm-1:45pm 4140.508  
Tuesday 4:30pm-5:30pm 4140.518

## Grade School Gymnastics

Beginning, intermediate and advanced tumbling and apparatus skills taught in a non-competitive environment.

**Flips (beginner girls)**  
Ages: 6-12 years  
Thursday 6:30pm -7:30pm 4141.506  
Saturday 11:45am-12:45pm 4141.516

**Twisters (int. girls invitation only)**  
Ages: 6-12 years  
Wed 4:30pm-5:30pm 4142.506

**Hot Shot Boys (beginner/int. boys)**  
Ages: 6-12 years  
Thursday 5:15pm-6:15pm 4143.506

**Flips (beginner girls)**  
Ages: 6-12 years  
Thursday 6:30pm-7:30pm 4141.508  
Saturday 11:45am -12:45am 4141.518

**Twisters (int. girls invitation only)**  
Ages: 6-12 years  
Wed 4:30pm-5:30pm 4142.508

**Hot Shot Boys (beginner/int. boys)**  
Ages: 6-12 years  
Thursday 5:15pm-6:15pm 4143.508

*No Classes: 9/4, 11/23, 11/24, 12/25-1/6.*

**\$35.00 Annual Family membership payable to The Little Gym.**

Classes maybe joined anytime during a semester on a prorated basis. One child enrolls at regular price, multiple sibling receive a 10% discount for their class per semester.

# Education & Leisure : Youth



January 22-June 16, 2007

\$282/\$272 *Resident Discount*

## Beasts

Ages: 19 months-2 1/2 years  
 Monday 10:30am-11:15am 4036.602  
 Friday 10:15am-11:00am 4036.621  
 Friday 12:30pm-1:15pm 4036.622

## Super Beasts

Ages: 2 1/2-3 years  
 Monday 11:30am-12:15pm 4037.602  
 Friday 9:15am-10:00am 4037.622

## Funny Bugs

Ages: 3-4 years  
 Tuesday 11:30am-12:30pm 4038.602  
 Friday 1:15am-12:15pm 4038.622

## Giggle Worms

Ages: 4-5 years  
 Tuesday 4:30pm-5:30pm 4039.602  
 Friday 1:15pm-2:15pm 4039.622

## Good Friends

Ages: 5-6 years  
 Tuesday 12:45pm-1:45pm 4140.602  
 Wed 4:30pm-5:30pm 4140.621  
 Tuesday 12:45pm-1:45pm 4140.622  
 Tuesday 4:30pm-5:30pm 4140.623

## Flips (beginner girls)

Ages: 6-12 years  
 Thursday 6:30pm-7:30pm 4141.602  
 Saturday 11:45pm-12:45pm 4141.622

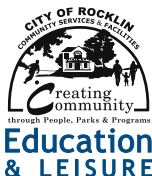
## Twisters (int. girls invitation only)

Ages: 6-12 years  
 Wed 4:30pm-5:30pm 4142.602

## Hot Shot Boys (beginner/int. boys)

Ages: 6-12 years  
 Thursday 5:15pm-6:15pm 4143.602

*\*No Class: 2/19, 4/2-4/7, 5/28*



## Stretch-N-Grow K-Motion 3.5 years-5 years

Give your child the opportunity to learn and practice gross motor skills such as jumping rope, balancing, hopping and skipping and sports skills such as throwing, catching and dribbling. Social skills including listening and following directions are also part of the curriculum in this fun active class held in a safe nurturing environment.

**Location:** Community Center **Instructor:** Sara Sirotek

**Price:** \$43NR/\$38 *Resident Discount*

<b>Tuesday</b>	<b>10:00am-11:00am</b>	<b>Thursday</b>	<b>10:00am-11:00am</b>
7/11-8/01	4502.507	7/06-7/27	4503.507
8/08-8/29	4502.508	8/03-8/24	4503.508
9/05-9/26	4502.509	8/31-9/21	4503/509
10/03-10/24	4502.510	9/28-10/19	4503.510
11/07-11/28	4502.511	10/26-11/16	4503.511
12/05-1/02*	4502.512	11/30-12/21	4503.512
1/09-1/30	4502.601	1/04-1/25	4503.601
2/06-2/27	4502.602	2/01-2/22	4503.602
<i>No Class: 12/26</i>		<i>No Class: 11/23-12/28</i>	

## Ballet Ages 3-12

Students learn classical ballet fundamentals, progressing from basic positions to combinations. Each session will build upon the first. Families and friends are welcome to observe periodically, with teacher's invitation. **Dress Code: Plain leotard (no skirt), tights and leather ballet shoes (to fit), hair tied back.**

**Location:** Sunset Center, Sunset Room **Instructor:** Sue Inman

**Price:** \$35/\$30 *Resident Discount*

<b>Pre-Ballet</b>	<b>Ages 3-4</b>	<b>Ballet I</b>	<b>Ages 5-8</b>
<b>Mondays</b>	<b>10:00-10:45am</b>	<b>Mondays</b>	<b>4:30-5:15pm</b>
7/17-8/7	4011.507	7/17-8/7	4003.507
9/11-10/2	4011.509	9/11-10/2	4003.509
10/9-11/6*	4011.510	10/9-11/6*	4003.510
11/13-12/4	4011.511	11/13-12/4	4003.511
12/11-1/29*	4011.512	12/11-1/29*	4003.512
2/5-3/5*	4011.602	2/5-3/5*	4003.602

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

**Pre-Ballet** **Ages 3-4**  
**Mondays** **3:45-4:30pm**

7/17-8/7 4002.507  
 9/11-10/2 4002.509  
 10/9-11/6\* 4002.510  
 11/13-12/4 4002.511  
 12/11-1/29\* 4002.512  
 2/5-3/5\* 4002.602

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

**Pre-Ballet** **Ages 3-4**  
**Tuesdays** **3:00-3:45pm**

7/11-8/1 4005.507  
 9/5-9/26 4005.509  
 10/3-10/24 4005.510  
 11/7-11/28 4005.511  
 12/5-1/9\* 4005.512  
 1/16-2/6 4005.601

2/13-3/6 4011.602

*\*No Class: 10/31, 12/19, 12/26*

**Ballet I** **Ages 3-4**  
**Tuesdays** **3:00-3:45pm**

7/11-8/1 4005.507  
 9/5-9/26 4005.509  
 10/3-10/24 4005.510  
 11/7-11/28 4005.511  
 12/5-1/9\* 4005.512  
 1/16-2/6 4005.601  
 2/13-3/6 4011.602

*\*No Class: 10/31, 12/19, 12/26*

**Ballet I** **Ages 5-8**  
**Tuesdays** **3:45-4:30pm**

9/5-9/26 4010.509  
 10/3-10/24 4010.510  
 11/7-11/28 4010.511  
 12/5-1/9\* 4010.512  
 1/16-2/6 4010.601  
 2/13-3/6 4010.602

*\*No Class: 10/31, 12/19, 12/26*